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(54) **FULL BODY MULTIDIRECTIONAL  
EXERCISE APPARATUS AND METHOD  
THEREFOR**

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See application file for complete search history.

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(57) **ABSTRACT**

A multidirectional exercise apparatus is disclosed. The multidirectional exercise apparatus has a center bar and two handles pivotably coupled at opposite ends of the center bar. Each handle may rotate through 360° about the end of the center bar. The apparatus may also have a locking mechanism coupled to each handle, wherein the locking mechanism may lock the handle into place and prevent the handle from rotating about the end of the center bar. The apparatus may also have a rotation bar removably coupled about the center bar that may rotate through 360° about the center bar. The apparatus may be operated by two users simultaneously and may also be adapted for operation by a single user.

**17 Claims, 6 Drawing Sheets**

